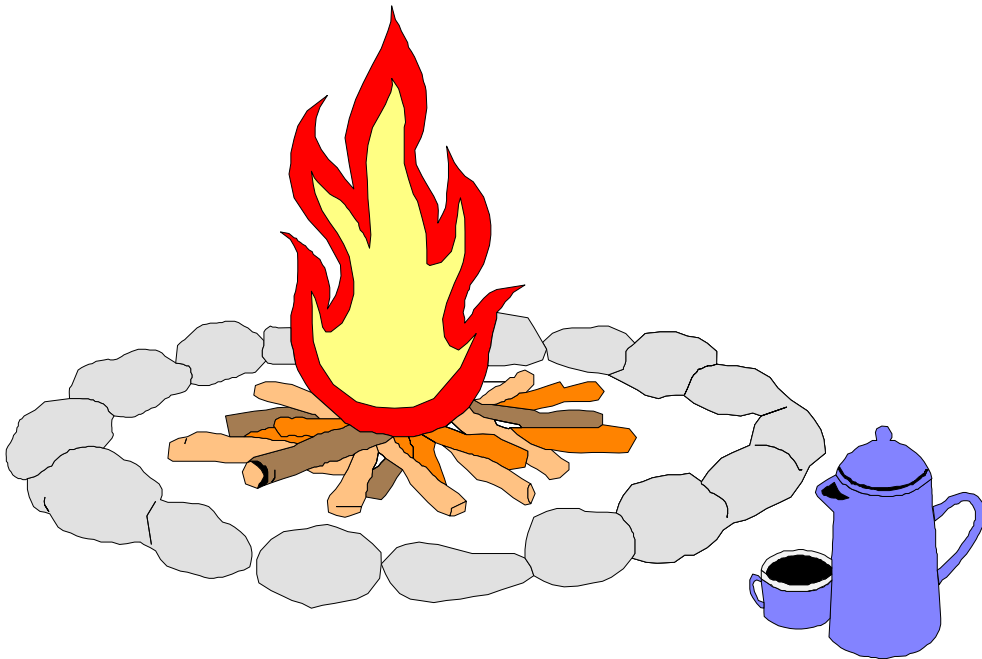


MANSCEN Safety Office

Hiking Safety



Trail Trivia

- There are over 30,000 miles of national trails in our country.
- More than 47 million Americans hike at least once a year.
- Hiking regularly can reduce high blood pressure and cholesterol levels.



A Bit More Trail Trivia

- Studies indicate that 50 percent of all car excursions are less than 3 miles, a distance that could be easily covered by foot or bicycle.
- Human-powered transportation could also save 17.9 billion motor vehicle miles, 7 billion gallons of gas and 9.5 million tons of exhaust emissions annually.

Hiking Smart

Plan Ahead

Be Prepared

Prevent Problems Before They occur

Finding Your Way

Hiking Smart (Cont.)

Dress Your Best

Feet First

The Company You Keep

First Aid

Food and Water

Hiking Smart (Cont.)

Temperature Troubles

Slippery When Wet

Poisonous Plants

Creepy Crawlies

Possible Packing List

Boots or sturdy shoes

Socks

Underwear

Long-sleeved shirts or sweaters

Parka or windbreaker

Trousers or shorts

Hat or other protective covering

Day pack

Canteen

Food

Possible Packing List (Cont.)

Sunglasses and

Sunscreen

Pocket Knife

Matches, Fire Starter

First Aid Kit

Flashlight

Map and Compass

Insect Repellent

Plastic Bag

Possible Packing List

If you're staying overnight, add:

Pack Frame with Bag or Large Rucksack

Sleeping Bag

Sleeping Pad

Ground Cloth

Tarp or Tent & Accessories

Tent Repair Kit

Grate, Stove & Accessories

Cooking Pots & Accessories

Possible Packing List

Eating Utensils

Food Containers

Toilet Articles

Spoon/Plastic Trowel, etc. (for digging)

Remember the “3H’s” of Hiking Safety

- **Hike safely.**
- **Hike responsibly.**
- **Hike thoughtfully.**

MANSCEN Safety Office

And most importantly,
have a great time!

